

# FORT SAM HOUSTON News Leader

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*"One Team, Supporting Military Missions and Family Readiness!"*

Wounded warrior Cpl. Travis Dodson feeds an additional boogie board to Sgt. Nate Hunt, while he keeps his balance. Eventually, Hunt surfed on three boards at once.



## CFI celebrates second anniversary

*Brooke Army Medical Center's number one priority – patient care*

Story and photo by Jen Rodriguez  
Brooke Army Medical Center Public Affairs Office

"We Care. Army Medicine ... Army Strong" was the weeklong theme Feb. 1 for National Patient Recognition week.

The observance was a tribute to patients, Soldiers, Family members and retirees and was meant to inspire trust, confidence, and to let patients know that Brooke Army Medical Center appreciates their sacrifices and contributions; and cares about their physical and mental health, and overall wellbeing.

One such commitment is the care of the wounded war-

riors at the Center for the Intrepid, a high tech rehabilitation facility, which cares for military amputees, burn patients and patients in danger of losing limbs.

CFI celebrated its second anniversary open house Jan. 29, and invited the military community to visit the center to discover just how much care is taken in the rehabilitation of the wounded active duty warriors from the Army, Marines, Navy and Air Force.

More than 50 people assembled in the CFI foyer, and witnessed the traditional cake cutting by Col. (Dr.) James Ficke, chair of the

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## ARNORTH, FEMA host conference on nuclear terrorism

By Col. Barry Johnson  
U.S. Army North Public Affairs

"The greatest danger to the American people is the threat of a terrorist attack with a nuclear weapon," states the President's foreign policy agenda published by the White House Jan. 21.

This fact is an everyday reality for the men and women of U.S. Army North at Fort Sam Houston.

One of the most important aspects of the conference was simply to build relationships among the leaders from across the government who would help during a crisis.

*Ted Monette*  
Director of FEMA's Federal Coordinating Officer Program

The headquarters, commonly referred to as simply ARNORTH, is responsible for planning and coordinating the military land forces that would

be called upon to aid the people and communities affected by a catastrophic disaster such as this.

"Our nation's first line of

defense is to prevent terrorists from ever getting a nuclear capability," said Lt. Gen. Thomas Turner, commanding general of ARNORTH. "But the American people expect Department of Defense forces to be ready to respond to any disaster our nation may face. And we will be."

To help assure this readiness, ARNORTH co-hosted a confer-

See CONFERENCE P7

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# San Antonio, South Texas establishments off-limits to military personnel

The San Antonio Forces Disciplinary Control Board has placed the following establishments off-limits to help maintain the health, morale and welfare of armed forces personnel. The establishments are located in San Antonio and surrounding South Texas area.

Establishment	Address	Effective Date
Cracker Box Palace	622 W. Hildebrand Ave	1 Sep 92
*Planet K	5619 Evers Rd.	29 Sep 99
Planet K	1015 E. Mulberry	29 Sep 99
Planet K	2803 Goliad Rd	29 Sep 99
Planet K	2138 Austin Highway	29 Sep 99
Voodoo Tattoos	202 Aransas Ave	20 Dec 06
Texas Players Club	14543 Roadrunner Way	20 Jan 07
Boys Town	Acuna, Mexico	24 Jan 07
WidowsWeb Bar		
and Night Club	Acuna, Mexico	24 Jan 07
The Ups and Down Club	Acuna, Mexico	24 Jan 07
*Also, all locations in Bexar, Atascosa, Wilson, Guadalupe, Comal, Kendall, Medina, and Bandera counties.		

Personnel entering off-limits establishments may be subject to disciplinary action per applicable service regulations and the Uniform Code of Military Justice.  
(Source: U.S. Army Garrison Commanders Office)

Weekly Weather Watch						
	Feb. 12	Feb. 13	Feb. 14	Feb. 15	Feb. 16	Feb. 17
San Antonio	77° Partly Cloudy	83° Partly Cloudy	67° Partly Cloudy	67° Rain Chance	61° Rain Chance	68° Partly Cloudy
Kabul Afghanistan	44° Rain Chance	42° Rain Chance	42° Rain Chance	44° Clear	44° Partly Cloudy	46° Rain Chance
Baghdad Iraq	66° Clear	69° Clear	73° Partly Cloudy	75° Clear	73° Partly Cloudy	73° Clear

(Source: Weather Underground at www.wunderground.com)

## Thought of the Week

"We are leaders only if we can look through the eyes of our followers, and ask ourselves the questions that our followers would ask and answer them straight and clear." — John Klawson  
(Source: Bits and Pieces, January 2009)

HEALTHCARE.GOARMY.COM

## News Briefs

### Change of command

B Company, 232nd Medical Battalion will hold a change of command ceremony Feb. 12 at 5:30 p.m., Building 1350, Koehler Road. Capt. Curtis Strong will relinquish command to Capt. Lovie Mathis.

### Nurse Corps celebrates 108th Anniversary

The Army Nurse Corps will celebrate its 108th Anniversary Feb. 12 at the Stillwell House. Guest speaker for the event will be Col. Susanne Clark, deputy chief, Army Nurse Corps, who will be providing an update on the State of the Army Nurse Corps. Refreshments will be served and the celebration will include a historic cake cutting ceremony.

### Garrison town hall meetings

Lincoln Military Housing, in conjunction with the Family and Morale, Welfare and Recreation, will host the garrison commander town hall meetings for residents that reside in housing on Fort Sam Houston. Watkins Terrace residents will meet Feb. 17 from 6 to 7:30 p.m. at the Watkins Terrace Community Center. Residents from Infantry Post, Artillery Post, Hancock, Wheaton Graham, and Gorgas Circle will meet Feb. 25 from 6 to 7:30 p.m. at Army Community Service, Building 2797. For more information call LMH at 270-7638.

### Giant Voice test

A computer-based, radio-operated emergency warning system, or Giant Voice, is programmed to release emergency messages during normal duty hours to the general populace on Fort Sam Houston. The Giant Voice test is sent out the third Wednesday of each month at 9 a.m. The next Giant Voice test will be Feb. 18 at 9 a.m. For more information, call Mark Magalski at 221-2782.

### Health, wellness fair

The Jimmy Brought Fitness Center will hold a health and wellness fair Feb. 18 from 10 a.m. to 1 p.m. Services will include cholesterol screening, diabetes screening, breast cancer awareness, nutrition information and more. The event is free to the public. For more information, call 221-2020 or 221-1234.

### NCO, Soldier of the Year competition

The 2009 Great Plains Regional Medical Command NCO and Soldier of the Year competition will be held Feb. 22 to 27 at Camp Bullis. The oral boards and awards

See NEWS BRIEFS P4

# Be safe over holiday weekend

By Maj. Gen. Russell Czerw

Fort Sam Houston and Army Medical Department Center and School Commander

We will celebrate President's Day Feb. 16. Americans will reflect on the sacrifices made by our founding fathers and the freedoms that came from their loyalty to our Nation. As we remember our former leaders, we must continue our focus on safety while enjoying the holiday with your family and friends.

As this holiday ends, the warmer weather will encourage more motorcycle riders to venture on the roads and highways. Supervisors at all levels should review current policies to support safe motorcycle operations within their unit. Traffic related accidents continue to be a big

factor for our Soldiers. Leaders are encouraged to promote traffic safety prior to the holiday weekend. Your comments should address adequate sleep/rest before long trips, wearing seat belts, driving in adverse weather, wearing helmets and other protective gear when operating motorcycles, and driving defensively.

Reinforcing the basic requirements that all Soldiers driving long distances complete the Travel Risk Planning System (TRIPS) program is the first step to success. The probability of a safe return increases, as Soldiers understand the risks associated with their journey and how to mitigate the factors. You can access TRIPS from the Combat Readiness/Safety Center (CRC) website

<https://crc.army.mil/home>.

Leaders should also emphasize sexual assault awareness, prevention, and response in their safety briefings. Guidance is available at [www.sexualassault.army.mil](http://www.sexualassault.army.mil). Army policy promotes sensitive care for victims of sexual assault and accountability for those who commit these crimes.

Suicide and accidental death intervention requires the involvement of leaders, buddies, care providers and Family members. Commanders will ensure suicide awareness and suicide prevention training is provided to all Soldiers and Army employees. A short video with information about suicide prevention can be found at: <http://www.armyg1.army.mil/hr/suicide/videos/SUICIDE%201.wmv>. Our goal is to minimize the risk of suicide



Maj. Gen. Russell Czerw

within the Army to stop this tragic and unnecessary loss of human life. Suicide prevention is everybody's business in the Army.

I wish you all a safe holiday weekend as you remember the past and embrace the future challenges ahead.

## Lock up valuables, secure property before leaving

The Director of Emergency Services would like to remind the Fort Sam Houston community of some of the services available to better serve them.

### House Watch

Residents going on leave, temporary duty, or out of the local area, can stop by the Police Station at the corner of New Braunfels and Wilson Road, Building 2244. Personnel will have them fill out a form and while they are on leave, the police patrols will conduct extra security checks of their quarters. Personnel living in barracks going on leave should inventory their property and secure it before leaving. Personnel can contact their unit to obtain or update their high-dollar items form.

### Crime Prevention

The post has experienced an increase in reported thefts in on-post lodging in which room safes were provided but not utilized. Discourage potential thieves by decreasing their opportunities and making detection more likely. Secure all valuables and do not leave them in unattended vehicles.

### Emergency Calls

The Fort Sam Houston Police Station now has a voice menu system. If there is an emergency, dial 911. For non-emergencies dial 221-2222 and the voice

menu system will assist in getting people directly to the section they need. The menu is set up as follows:

- 1 – Police dispatch
- 2 – Vehicle or weapons registration
- 3 – Police administration or local background checks
- 4 – Traffic section, for questions involving traffic tickets or traffic accidents
- 5 – Apprehension and Detective section
- 6 – Physical security

After months of preparation, planning, and training, centralized dispatchers at the police station will answer all 911 calls. Prior to this, 911 calls were answered at the Fire Station. If the call was for police, it was forwarded to the police station. Now, all calls will be answered and emergency personnel will be dispatched from one location. This will assist emergency personnel in getting to the scene quicker.

### Vehicle and Weapon Registrations

Vehicle registration is mandatory on all Army installations. People who live, work, or use the facilities on Fort Sam Houston are required to register their vehicle. All military (Active, Reserve, National Guard), retirees, Family members and personnel employed on the installation can register a vehicle. The Vehicle Registration Section is

open Monday through Friday from 7:15 a.m. to 3:45 p.m. in Building 367, at the corner of Reynolds and Stanley Roads.

All residents of Fort Sam Houston, who will be storing a privately owned weapon or firearm, includes air guns such as pellet and BB pistols or rifles, long bows or crossbows, on the installation for more than three duty days must register them with the Provost Marshal Office. For more information, call the Registration Office at 221-2570.

### Crime Prevention Awareness

Military Police are finding several buildings or work areas unsecured each night. Remember when leaving the building for the night, to make sure all windows and doors are closed and locked.

Directors and commanders are required to provide the Directorate of Emergency Services Plans and Programs Division a memorandum with their primary and alternate point of contacts for their buildings or facilities. The memorandum will be used solely by the military police to contact the appropriate personnel in the event a building or facility is found unsecured. For more information, call the Crime Prevention Officer at 221-0990.

(Source: Fort Sam Houston Provost Marshal Office)



## News Briefs

from P3

ceremony will be held at the Holiday Inn Select on Loop 410. For more information, call Sgt. 1st Class Corey Foy at 295-2205.

### 108th anniversary of the Army Nurse Corps

The AMEDD Museum and the AMEDD Museum Foundation will host the 108th anniversary of the Army Nurse Corps Feb. 24 at 5 p.m. in the Army Medical Department Museum, on the corner of Stanley Road and Harry Wurzbach. The guest speaker is Lt. Col. Cheryl Capers, U. S. Army Nurse Corps Historian. Her presentation will be "Envision the Future — Building upon a 108 year legacy." Light refreshments will be served.

### ISR 1 training

An Installation Status Report, Infrastructure training will be held Feb. 24 from 7:30 to 11:30 a.m. at Evans Theater, Building 1396. The mandatory orientation training is for all ISR 1 points of contact, directors, program managers or representatives for installation activities required to complete ISR ratings. No reservation is required. Commanders are requested to provide a point of contact, and phone or e-mail information for the POC. For more information, call Judy Barta at 295-4922 or e-mail judy.barta@us.army.mil.

### Black History Month celebration

The Fort Sam Houston Museum has a selection of audiovisual materials and exhibits to support unit programs for Black History Month. For more information, call 221-1886.

### AMEDD Museum extended hours

The Army Medical Department Museum Foundation Gift Shop in the AMEDD Museum on Stanley Road is now open Wednesdays from 10 a.m. to 6 p.m. For more information about the AMEDD gift shop, call 225-0015.

### USACR Safety Center seeks best safety practices

As part of the Year of the NCO initiative, the US Army Reserve Command Safety Center is soliciting stories from NCOs regarding safety practices and details of safety successes. The goal is to enhance awareness and understanding of the roles of the NCO in the Army, and how they keep Soldiers safe.

# MEDCOM looks toward a more sustainable future

In 2009, U.S. Army Medical Command is developing a strategy to promote more sustainable practices in the delivery of both Army healthcare and medical research and development. When implemented, the Sustainability Strategy will enable MEDCOM to maintain readiness, improve quality of life for patients and personnel, strengthen community relationships, better protect the environment, and reduce the total costs of ownership.

A benchmark survey will be conducted on a substantial number of MEDCOM medical treatment facilities and a selection of non-military hospitals. The data will provide a foundation for the MEDCOM Sustainability Strategy, which will include a sharing of sustainability best management practices MEDCOM-wide as well as a plan for continuous improvement.

### Why Sustainability?

Sustainability is often described as the ability to meet both present and

future needs through simultaneous consideration of environmental, social, and economic elements. Studies show that sustainable healthcare can improve patient outcomes and the health of medical personnel. Becoming sustainable means that MEDCOM will be able to fulfill its mission into the future by continuing to provide top-notch healthcare while being good stewards of the environment, the communities where we operate, and the taxpayers' dollars.

As an indicator of its level of commitment to sustainability, the Medical Command recently became a member of the Practice GreenHealth (<http://www.practicegreenhealth.org>).

Practice GreenHealth is America's leader for healthcare institutions that have made a commitment to sustainable practices. The goal of Practice GreenHealth is to facilitate sustainability in the many facets of healthcare includ-

ing facilities management, design and construction, purchasing, waste management, energy and water use, chemical management, and pest management.

Furthermore, MEDCOM Chief of Environment Management, Damon V. Cardenas, notes that "MEDCOM's Sustainability Policy is a commitment to protecting, sustaining and enhancing both the well being of its workforce and surrounding natural resources, thus enabling MEDCOM activities to remain vibrant community members." He added, "Sustainability must become a business practice for systematically upgrading overall performance."

For more information, about the MEDCOM Sustainability Strategy, call Damon Cardenas, Office of the Assistant Chief of Staff for Facilities at 221- 7942 or DSN 471-7942, e-mail; damon.cardenas@us.army.mil.

(Source: MEDCOM Public Affairs)

## Black History Month commemorative events schedule

### 'The Quest for Black Citizenship in the Americas'

The 2009 Black History Theme is "The Quest for Black Citizenship in the Americas." A century ago, an interracial group of Americans joined and formed the National Association for the Advancement of Colored People (NAACP). Two generations after emancipation, a tide of racism had betrayed the promise of first-class citizenship. In the South, Blacks were denied the right to vote and forced to endure racial segregation. In the North, African Americans confronted myriad forms of discrimination that thwarted their aspirations.

### Schedule of events:

#### TODAY

**AAHC Luncheon** will be held Feb. 12 from 11 a.m. to 1 p.m. at the Gateway Club, Lackland AFB. The speaker will be Lt. Gen. Daniel James. For more information, call Shirley Jones at 671-2854

#### FRIDAY

**An African American Heritage**

**Month bowling special** will be held Feb. 13 from 2 to 5 p.m. at Randolph AFB Bowling Alley. The cost is \$8 and includes three games and shoe rental. For more information, call Staff Sgt. Marveta Harper at 565-5255 or Master Sgt. Joel Dorsey at 565-2889.

#### SUNDAY

**An African-American Heritage Committee 2009 Fashion Show and Social** will be held Feb. 15 from 6 to 9 p.m. at the Parr Club. The show will celebrate black citizenship in the Americas through fashion; from the 1950s to today. Tickets are \$20 and can be purchased from Tess Hatcher at 565-3733 or Dana Woods at 565-1373.

**Artist Kehinde Wiley** will be at Artpace, 445 North Main Avenue, Feb. 15 at 6:30 p.m. For more information, call 212-4900 or e-mail publicprograms@artpace.org.

#### MONDAY

**African-American Men on the Move Conference** will be held Feb. 16 to 20 at St. Phillip's College. For more information, call John

Martin at 486-2241

#### TUESDAY

**A Soul Food Taste** will be held Feb. 17 at Fisher House #1, Lackland AFB. For more information, call Tech. Sgt. Shattiyah Curtis at 671-4910.

#### WEDNESDAY

**Motivational speaker Jack Daly** will hold a seminar Feb. 18. Cost varies. For more information call Marisa Sarabia at 824-9437 or e-mail admin@eosanantonio.com

#### FEB. 19

**The Team Randolph African-American Heritage Month Committee 9th Annual Scholarship Golf Tournament** will be held Feb. 19, check-in begins at 11:30 a.m. at Randolph Oaks Golf Course; a shotgun start is at 12:30 p.m. For more information, call Tech. Sgt. Reginald Frazier at 565-4281.

#### FEB. 20

**A Workshop In Traditional Yoruba Fabric Techniques** will be held Feb. 20 through 22 from 10 a.m. to 4 p.m. at Southwest School of Art and Craft, 300 Augusta (at

Navarro). Tuition for the three days is \$240. For more information or to register, call 224-1848

#### FEB. 25

**The Soul Food Fest** will be held Feb. 25 at noon at St. Phillips College, Heritage Room. St. Phillip's College Culinary Arts students will prepare and sell the food.

#### FEB. 27

**A 5K Fun Run/Walk** will be held Feb. 27 at Eberle Park. Sign-up begins at 7:15 a.m. and the race begins at 7:30 a.m. Prizes will be awarded to the first ten participants to sign up. For more information, call Tech. Sgt. Kristie Simpson at 565-4701.

**An African-American/Black History Month Commemoration** will be held Feb. 27 from 11 a.m. to 1 p.m. at the Jimmy Brought Fitness Center, Building 320, Wilson Road.

#### FEB. 28

**AAHC Banquet** will be held Feb. 28 at the Gateway Club, Lackland AFB. For more information, call Maj. Torres at 671-9338.

# Civilians recognized for contributions

Story and photo by Esther Garcia  
Fort Sam Houston Public Affairs Office

Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and U. S. Army Medical Department Center and School, made a surprise visit during the meeting of the members of the Returning Heroes Home board of directors at the Warrior and Family Support Center Feb. 9. The purpose of his visit was to recognize two outstanding civilians, Steve and Lester Huffman, local business leaders who initiated the building of the new WFSC.

Czerw said, "We look for different things to bring esprit de corps into our military, specifically into our Army Medical Department. And one way is to become an honorary member of the regiment, which is very special to us, because we utilize that in a lot of ways for our soldiers, for their families, for some civilians, who do such good things for our Soldiers and the med-

ical department. So today, I'd like to make these two gentlemen honorary members of the AMEDD Regiment."

Czerw presented Steve and Lester Huffman with a certificate inducting them as honorary members in the U.S. Army Medical Department Regiment. The Huffmans also were inducted in the Order of the Military Medical Merit, and presented with a certificate, which included a medallion supported by a maroon neck ribbon, which represents the traditions and values of the Army Medical Department.

The United States Medical Department Regiment was activated on July 28, 1986, during ceremonies here at Fort Sam Houston and recognizes those individuals who have contributed to the Army and the AMEDD regiment.

The Order of the Military Medical Merit, is a unique and private organization, founded by the commanding general of the U.S. Army Health Services Command in April 1982, to

recognize excellence and promote fellowship and esprit de corps among Army Medical Department personnel. Members in the Order are individuals who have made significant contributions to the Army Medical Department.

Czerw said the Order of Military Medical Merit is given to those senior officers, non-commissioned officers and some civilians who have worked for many years with the medical department.

In January 2007, Steve Huffman of Huffman Developments, visited the WFSC, a 1200 square foot facility, when it was located at the Powless Guest House. The center is used by wounded warriors and their Families as a place to relax away from a hospital setting while receiving treatment at Brooke Army Medical Center. Huffman had read about the center and asked the manager, Judith Markelz, what it needed. He told Markelz, "think big." The result was the building of the



Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and U.S. Army Medical Department Center and School, presents certificates to Steve and Lester Huffman, who are made honorary members of the United States Army Medical Department Regiment and the Order of Military Medical Merit for their outstanding contributions to Soldiers and their Families promoting esprit de corps within the Army Medical Department.

new WFSC, built with charitable donations, which opened Dec. 1, 2008.

The 12,000 square foot

facility boasts a fireplace, computer room, large kitchen and living areas, a therapeutic garden and much more.



ANNIVERSARY from P1

Department of Orthopaedics and Rehabilitation, along with wounded warriors Air Force Tech. Sgt. Israel Del Toro and Army Sgt. Benjamin McDonald.

“This cake cutting celebration represents the renewal of each patient’s commitment to their rehabilitation and the CFI’s commitment to them,” said Col. (Dr.) Jennifer Menetrez, director of CFI and chief of physical medicine service at BAMC.

Establishing a new CFI tradition in the cake cutting ceremony, Ficke received the first piece of cake; Del Toro the second piece and McDonald, the third.

Menetrez said Sgt. Del Toro represents the patient who has been here the longest, “he represents the past and all those who have gone before.”

The third piece of cake went to Sgt. McDonald, who just arrived at the CFI. McDonald represented the future and all the rehabilitation yet to be done.

As part of the open house, visitors were given CFI maps

for self-guided tour of the facilities. Tour stops included the Gait Lab, equipped with a treadmill, stairs, elevated parallel bars and uneven surfaces to help patients adjust gait and strengthen muscles; the Computer Assisted

Rehabilitation Environment, known as CAREN, a 21-foot dome with a 300-degree screen that displays a variety of “virtual realities;” the Flowrider, which enables patients to ride the wave on a bodyboard to improve balance, coordination and strength; the Fire Arms Training Simulator; prosthetics; and physical therapy, to name a few.

Elizabeth Larsen and Melissa Bustos of Hallmark College visited the CFI, to see how the wounded warriors are being taken care of.

Bustos, who participated in competitive swimming until college, was impressed with the agility and balance of Sgt. Nate Hunt and Cpl. Travis Dodson riding the artificial surfing waves of the Flowrider. Hunt and Dodson are both bilateral trans-femoral amputees.

“I was analyzing how fit the

guys were; beyond what anyone would think,” said Bustos. “It’s fantastic; the whole aquatic area is amazing. It blew me away to see the facility and the equipment available for rehabilitation.”

An Army wife, Larsen said she’d visited the CFI a while back, but wanted Bustos to see the center for herself.

BAMC Certified Nursing Assistants Militza Pacheco and Nicole Roden took a different approach to the open house with a visit to the Fire Arms Training System.

Pacheco and Roden learned first hand how to shoot at moving targets, during live fire scenarios projected on a giant screen under the guidance of wounded warriors Pfc. Benjamin Ballard, Senior Airman Marcus Creason, both trans-humeral amputees, and Pfc. Salvador Ramirez Jr, is a trans-radial amputee.

Since 2007, there have been approximately 350 different patients seen at CFI. On an average, 135 to 140 patients come through the CFI doors per week, and account for more than 500 visits per week.

Menetrez said because



Photo by Jen Rodriguez

Col. (Dr.) James Ficke (center), chair of the Department of Orthopaedics and Rehabilitation, along with wounded warriors Air Force Tech. Sgt. Israel Del Toro, and Army Sgt. Benjamin McDonald cut the traditional Center for the Intrepid anniversary cake, Jan. 29, during the CFI open house celebration.

patients are in rehabilitation, they often come many times each day during the week. “As they gain their independence, fewer visits are necessary,” she said.

“The CFI is a beautiful and well-designed facility,” said Menetrez. “The “state-of-the-

world” technologies here and the very dedicated staff members offer patients the opportunity to maximize their potential, both physically and emotionally. But what really makes this place special, are the patients we have the privilege of serving.”

CONFERENCE from P1

ence with the Federal Emergency Management Agency in Hampton, Va., Jan. 27 through 29. The conference focused on leaders from the military, FEMA and other federal agencies that would be called upon within hours of an attack to support local and state first responders.

“We already have a great relationship with our partners at FEMA and throughout the federal government,” said Col. Al Dochnal, ARNORTH’s organizer for the conference. “We work with them routinely when military assistance is needed for natural disasters such as hurricanes, floods and wildfires.

“A nuclear terrorist attack, however, is different than any of these disasters,” he continued. “It would likely come without warning, immediately overwhelming the first responders our communities depend upon.”

Discussions at the conference covered a broad range of topics, from the medical demands of a nuclear blast and the complexities of evacuating survivors, to the specialized organizations available in the military and other government agencies to operate in a contaminated environment.

“We obviously have a lot of military resources available to assist local authorities,” Dochnal said. “But we have to remember that we’re there to help. It’s those local officials



Courtesy photo

Col. James Mathis, defense coordinating officer, Federal Emergency Management Agency Region III, discusses one of the scenarios presented at the recent Federal Coordinating Officer/Defense Coordinating Officer Conference at Hampton, Va. The conference, hosted by U. S. Army North, focused on leaders from the military, FEMA and other federal agencies that would provide assistance to local and state authorities within hours of man-made disaster.

where an incident occurs who are in charge on the ground. Not the military.”

One of the most important aspects of the conference was simply to build relationships among the leaders from across the government who would help during a crisis,

said Ted Monette, the director of FEMA’s Federal Coordinating Officer Program.

“This is team building among professionals,” Monette said. “The follow-on for this is the training and exercises we’ll conduct together in the months ahead.”

Hiring Heroes Career Fair

Fort Sam Houston will host a Hiring Heroes Career Fair March 10 at the Sam Houston Club .

This Department of Defense-sponsored event will bring together more than 75 employers whose primary purpose in attending will be to speak with Warriors in Transition, their Family members and caretakers regarding employment opportunities available to them once separated from military service. Employers from the federal sector, government-affiliated agencies, contractors and corporations will be present, among them being Lockheed-Martin, United Services Automobile Association, Department of Homeland Security, Army and Air Force

Exchange Service, the Veterans Administration and the Central Intelligence Agency.

The Fort Sam Houston Army Career and Alumni Program Center, the Office of Personnel Management and the Soldier and Family Assistance Center will be conducting a series of classes and taking individual appointments to assist Warriors in Transition in federal and corporate resume formulation, Internet job searching, interviewing and other job search related skills. For more information, call ACAP SFAC office at 916-9295 or the Office of Personnel Management SFAC office at 916-9252.

(Source: Army Career and Alumni Program)

San Antonio Military Community Job Fair

The San Antonio Military Community Job Fair will be held March 11 at the Live Oak Civic Center, 8101 Pat Booker Rd, Universal City, Texas. Historically, over 100 employers gather to speak with active duty and Reserve Soldiers, veterans, military retirees and their Family members on employment opportunities.

Eligible ACAP clients can receive pre-job fair assistance at the ACAP Center, Building 2263, Room B-099. Computer workstations may be reserved for counselor-assisted resume building, viewing of interview training modules and Internet job searching. There are also federal resume classes offered on a regular basis. For more information, call the ACAP Center at 221-1213.

(Source: Army Career and Alumni Program)



# Tax tip

## What tax records to keep

People keep records as part of their daily routine. Good recordkeeping will help people remember the various transactions they made during the year, which in turn may make filing a tax return a less taxing experience.

Records help document the deductions people claim on their return. Documentation is needed should the IRS select a tax return for examination. Normally, tax records should be kept for three years, but some documents such as, records relating to a home purchase or sale, stock transactions, IRA and business or rental property should be kept longer.

People should keep any and all documents that may have an impact on a federal tax return:

- Bills
- Credit card and other receipts
- Invoices
- Mileage logs
- Canceled, imaged or substitute

checks or any other proof of payment

- Any other records to support deductions or credits people claim on their return

Good recordkeeping throughout the year saves time and effort at tax time when organizing and completing a tax return. The records people keep will assist a preparer in quickly and accurately completing their return.

For more information, visit IRS.gov or call 800-829-3676.

(Source: IRS)

## Fort Sam Houston Tax Center

The main Tax Center phone number is 295-1040; hours are Tuesday through Friday from 9 a.m. to 5 p.m. and Saturday from 9 a.m. to 2 p.m. The Brooke Army Medical Center satellite office phone number is 916-1040; hours are Monday through Friday from 9 a.m. to 4 p.m.

## Outstanding support



Photo by Maria Gallegos

Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center presents a plaque for outstanding contracting support to the staff of the Great Plains Regional Contracting Office Feb. 2. During fiscal 2008, the GPRCO obligated more than \$410 million of supplies, services and equipment in support of the Global War on Terrorism, Operation Enduring Freedom, Operation Iraqi Freedom and to the Great Plains Region. GPRCO also maintained a contract portfolio valued at \$1.5 billion, saving more than \$30 million through negotiations, using existing contracts and achieving a customer satisfaction rating with 95 percent of the U.S. Army Medical Command standard.

# Wounded warriors 'First Swing' golf clinics

The U.S. Army Family, Morale, Welfare and Recreation Command in conjunction with the National Amputee Golf Association have collaborated to host "First Swing" learn to golf seminars with a grant obtained from the United States Golf Association, to introduce golf to wounded warriors Feb. 22 and 23 at the Fort Sam Houston Golf Course.

"First Swing" is an on-site train the trainer model that teaches golf professionals adaptive golf techniques for instructing people with disabilities.

This program will provide "hands on" instruction to wounded warriors during the seminars. The "First Swing" instructors are all amputees who have served in the military. This allows them to relate to the participants, and encourages a peer-to-peer

environment that creates a dynamic training opportunity.

The program will cover instruction in methods of grip, stance/balance, and swing. Adapted golf devices and equipment will be demonstrated, as well as, golf tips and techniques for wheelchair users and single rider golf cars.

During the seminars, accessibility issues, and the Americans with Disabilities Act will also be discussed. The program will provide participants with hands on instruction following the seminars at the golf clinic.

PGA Professional Dick Bartel of the Fort Sam Houston Golf Course is hosting the event. Registration will begin Feb. 22 at 8 a.m. and Feb. 23 at 8:30 a.m. For more information, and to register for the seminars, call 221-5863.

(Source: FMWRC)

**2nd Annual 32D MED BDE COMBATIVES TOURNAMENT**

Saturday, 7 Mar 09, at the Jimmy Brought Gym

Tournament begins at 0800;  
Awards Ceremony at 1400

*Come out and support the Trainees and Cadre*

For more information, contact  
SFC Deickman at 669-7065

**FINISH THE FIGHT!**

**Sports**

**Lifeguard classes**

The Jimmy Brought Fitness Center will host weekend Lifeguard Classes Feb. 14 and 15; Feb. 21 and 22; Feb. 28 and March 1, March 14 and 15; and March 21 and 22. All classes will be held at the Jimmy Brought Fitness center from 8:30

a.m. to 4:30 p.m. Cost is \$160 per class. For more information, call Ignacio Flores at 221-1234 or 221-1532.

**3-D archery shoot**

A 3-D archery shoot will be held Feb. 28 and March 1. Registration is from 8 to 10 a.m. The shoots include 30 3-D targets. The cost per person Saturday is \$15 for competitive and Sunday is \$15 for competitive and \$10 for non-competitive shoot. For more information, call the Camp Bullis Recreation Center at 295-7577.



Courtesy photo

Michael Sees, Amber Wessies, and Connor Kelly are Cole High School's student representatives to 2009 leadership conferences.

## Students selected to represent Cole at prestigious conferences

By retired Lt. Col. Robert Hoffmann  
Robert G. High School

Amber Wessies and Michael Sees, both 11th grade students, and Connor Kelly, a 10th grade student, have been selected as representatives for Robert G. Cole High School at two prestigious nationally recognized conferences this winter and summer.

Amber and Michael attended the Rotary Youth Leadership Assembly (RYLA) Conference held at the John Newcombe Tennis Ranch in New Braunfels, Texas over the Martin Luther King Jr. holiday weekend, Jan. 16 to 19.

The conference is in its thirty-third year and the Rotary District is one of the very few in the world to put this specific type of program on. There were guest speakers as well as "hands-on" workshops in leadership, trust, cooperation, communication, teamwork, and other topical subjects. After each presentation, the students met in small groups to discuss the topics

and their views and share with others in the group. Students found it informative and inspirational.

"The conference was really worthwhile," said Wessies. "There were a lot of activities, but it was really exhausting." Sees added, "Getting to know new people was really cool. You find out that the kids from the rest of Texas are just like you are."

Connor will represent Cole this summer at the Hugh O'Brian Youth (HOBY) Leadership Conference in Austin, Texas. HOBY is one of the oldest youth leadership organizations, and was founded by actor Hugh O'Brian from the television show "Wyatt Earp." To be eligible the student must be a current sophomore, have an excellent academic record, leadership ability and exhibit strong cognitive and decision-making skills.

"It is an honor to be selected and represent Cole," said Kelly. "I feel it will help me learn, and develop more as a leader."

### Fort Sam Houston Independent School District Weekly Campus Activities – Feb. 16 to 21

#### Fort Sam Houston Elementary School

**Feb. 16**  
President's Day – student holiday –  
staff development day

**Feb. 20**  
Spirit day

#### Robert G. Cole Middle and High School

**Feb. 16**  
President's Day – student holiday –  
staff development day

**Feb. 17**  
Baseball at Cornerstone (scrimmage),  
4 p.m.

Boys' JV/V basketball vs. Randolph at  
Cole, 6 and 7:30 p.m.

**Feb. 18**  
"Straight Talk to Smart Parents" 411  
on teen relationships, Cole Middle  
School Mall, 6 p.m.

**Feb. 20**  
Boys Eagle golf tournament at  
Pleasanton Country Club, tee off at  
8:30 a.m. (leave Cole at 6:45 a.m.)  
JROTC Fort Worth drill meet

**Feb. 21**  
Boys Eagle golf tournament at  
Pleasanton Country Club, Tee off at  
8:30 a.m. (leave Cole at 6:45 a.m.)  
JROTC Fort Worth Drill meet  
UIL One Act Play Jefferson Clinic  
4 p.m.

### Straight Talk to Smart Parents'

Fort Sam Houston Independent School District will host a third, "Straight Talk to Smart Parents," presentation Feb. 18 at 6 p.m. in the Cole Middle School mall. The topic of discussion will be, "The 411 on Teen Relationships." All parents and community members are invited. The guest speaker of the event will be Lucien Costley, an education specialist from the Region 20 Office of Safe and Drug Free School and Communities program. Parents will receive information on teen dating and healthy relationships amongst today's youth. Parents and community members are advised that some information presented will be in adult content. For more information, call Assistant Principal Elizardo Hernandez at 368-8736 or e-mail ehernand@fshisd.net.

### FSHISD school board meeting

The Fort Sam Houston Independent School District will hold a school board meeting Feb. 26 at 11 a.m. in the Professional Development Center located at 1908 Winans Road.



# 5501st Soldiers receive Warrior Citizen Awards

By Minnie Jones  
Fort Sam Houston Public Affairs

Dressed in Army Combat Uniforms, warrior citizens of the 5501st Army Hospital were honored at the Brooke Army Medical Center Auditorium Feb. 8 in a Welcome Home Warrior Citizen ceremony.

Maj. Andrew Mohler, personnel officer, 5501st Army Hospital, opened the ceremony by introducing the official party for this event that honored Soldiers that were deployed in support of Operation Enduring Freedom and Operation Iraqi Freedom from January 2003 through July 2008.

The Welcome Home Warrior Citizen Award Program is a recognition program for all Army Reserve Soldiers. The Award is designed to publicly acknowledge Army Reserve Soldiers for their selfless service and sacrifice in support of the

Global War on Terror.

Commander Col. Mark Gibson, 5501st Army Hospital, was the first to speak to the Soldiers and Families at the welcome home event.

"A Soldier makes the sacrifice that sometimes is the ultimate, not wavering yet realizing that their return home might be their last. Their sacrifices encompass a commitment of service, a reflection of willingness to the highest and the best, and to give all that they have. Their sacrifices are real and our Soldiers deserve the recognition for it," said Gibson.

In a special acknowledgment to the Families, Gibson added, "the meaning of the loving Family that stands by their side. There is a group of us in here today, providing their unyielding support that we may take for granted, they maintain the household, the kids, the daily curriculum activities that remain at the end of the day."

Quoting Lt. Gen. Jack Stultz, chief, Army Reserve and commanding general, U.S. Army Reserve Command, "You've been strong, you've been patient and courageous and you've been proud, as well as you should be. Our Soldiers cannot accomplish the many challenges that they face without your support."

Gibson then introduced guest speaker Brig. Gen. James Gilman, commanding general, Great Plains Regional Medical Command and Brooke Army Medical Center.

Gilman started by thanking the assembled warriors and their Family members for inviting him



Eighty-nine warrior citizens of the 5501st Army Hospital were honored at the Brooke Army Medical Center Auditorium Feb. 8 in a Welcome Home Warrior Citizen ceremony.

in sharing in this special occasion.

In his speech, Gilman highlighted the history of the Army Reserve, and their strategic role in the U.S. military stating, "The active force can never conduct a long combat operation without the Reserve."

Gilman concluded by saying, "I am in your debt, there has never been a nobler occasion held in this auditorium, than this one today. I am so grateful to shake your hand. What you do for this country, no amount of thanks can possibly be too much."

Even though the Welcome Home Warrior Citizen Ceremony took place in some cases, up to a year after the Soldiers' returned home, Family and friends could not be happier or more elated about their return.

One by one, Soldiers were called forward to receive an encased American flag from Gilman, then moving down the official party line they received congratulatory handshakes from the officiating party.

Another poignant moment during the ceremony was when one of the members' son, Jeffrey Ott, received the award on behalf of his late mother, Army Nurse, Major Carole McCoy, who passed away in January. She was a member of the 5501st since its reactivation in 1995.



Brig. Gen. James Gilman, commanding general, Great Plains Regional Medical Command and Brooke Army Medical Center, presents Jeffrey Ott the Warrior Citizen Award on behalf of his late mother, Army Nurse, Maj. Carole McCoy, who passed away in January. She was a member of the 5501st since its reactivation in 1995.

"We didn't know about the ceremony until last week, said Harry Ott, McCoy's husband. " This is a very special day, getting this award even though she (McCoy) is not here."

Ernst Stripling, Army Reserve Command, was on a quality control site visit from Fort McPherson, Ga. He

attends about four to five ceremonies a year to ensure the Soldiers are taken care of and they receive their awards. Impressed by the BAMC event, he said "The ceremony did the award well."

*Note: Major Carole McCoy's death was unrelated to her deployment with the 5501st.*



Soldiers received congratulatory handshakes from the officiating party after receiving an encased American flag from Brig. Gen. James Gilman, commanding general, Great Plains Regional Medical Command and Brooke Army Medical Center.

# AFAP conference success for military community

Story and photos by Cheryl Harrison  
Army Community Service, Marketing

Community representatives were on hand for the Fort Sam Houston Army Family Action Plan conference Feb. 4 through 6 at the Sam Houston Club.

A wide range of issues were discussed and prioritized from medical and dental to community service during the conference.

Celebrating its 25th year in existence the AFAP is a quality of life program providing a means to ensure that support meets the needs of military Families. This year's theme, "Twenty-Five Years of AFAP and You," expresses the desire to continually support and improve the well-being and quality of life of the post community as one of Fort Sam Houston's top priorities.

The AFAP process allows Soldiers, Department of Defense civilians, retirees and their Families to identify and forward well-being issues to Army leadership at all levels. The process begins at the local installation-level conference. Delegates consisting of representatives from the local community are selected and they prioritize issues that have been submitted for review.

At the conference's opening ceremony, U.S. Army Garrison Commander Col. Mary Garr said, "This is your Army action plan, and we have a number of issues to discuss. The AFAP

has evolved beyond self-help and it is now a formal forum to help with problems that our Families have dealt with. We will address the issues that pertain to Fort Sam and send up those that involve the entire Army."

Sarah Small, Army Family Team Building volunteer program manager and an Army spouse held a training session for subject matter experts and delegates. Though fairly new to the Army, having only been married three years, Small has submerged herself into the Army life.

"I started working with AFTB and AFAP in Germany and I love it. Empowering Army Families and seeing quality of life improved for Soldiers, their Families, retirees and civilians is my passion, said Small.

Education is the key, and AFTB classes empower you to do something to help. Each of the three levels helps individuals to help themselves, yet at the same time help their community."

Small has worked AFAP on both installation and MACOM levels and knows first hand the changes that develop from issues presented at AFAP conferences.

During the three-day conference, 42 delegates and 20 facilitators, recorders and transcribers and issue support persons looked at, prioritized and discussed about 82 submitted issues.

Subject matter experts were on hand to provide delegates with information and facts on issues that were presented to the work group in order for the delegates to decide how to prioritize the issues and make possible recommendations.

Installation issues are submitted to the lead organizations for work and then will be reported on at the Commanders'



Tania Cuervo, facilitator, discusses issues with the Education, Training and Personnel Services work group at the AFAP conference.

steering committee.

Issues that can be worked at the installation level will remain at the installation and those that require higher command action are forwarded to the major command level conference. If prioritized at that conference, they are then forwarded to the Department of the Army conference.

The groups were given issues that pertained to medical and dental; community service; community service for the guard and reserve; transportation and housing; and education, training and personnel services. Among the group each presented the top three issues that were considered the most viable.

Issues prioritized at the Fort Sam Houston 2009 AFAP conferences were:

## Medical Dental Group

- Liaison Officer for compassionate reassignment
- Non-medical attendant (NMA) benefits
- Dental insurance for divorced retiree spouses

## Community Service I

- Limited maneuverability for patrons with disabilities in post exchange
- Commissary price fluctuation in conjunction with pay day
- On-site childcare space in on post fitness centers

## Community Service II, Guard and Reserve

- Child Development Center

child care availability

- School Age Services and Child Development Center opening hours

- Utilities in on-post housing
- **Transportation and Housing**

- Awareness of traumatic service members Group Life Insurance Benefits
- Living quarters for non-custodial parents

- Expeditionary completion of Warriors in Transition safety-related work orders

## Education, Training and Personnel Services

- Department of Defense degree Programs
- Improvement of customer service on Fort Sam Houston
- Explanation of Department of Defense voucher transactions

The next conference will be held Oct. 21 to 23, 2009. Issue boxes are distributed around the post with forms for issues submission. Issues will be accepted until the next conference dates.

Garr said, "The next conference will be October 2009. Fort Sam became a bit off-cycle with the national confer-



Sarah Small, Army Family Team Building volunteer program manager (front) and Winkie Hayes, AFAP conference support, stuff tote bags with thank you items for each person who participated in some capacity during the AFAP conference.

ence. And having the conference in October will put us back on track with the national conference."

Community members who submitted issues to the AFAP conference may contact the AFAP program support staff at 221-1563 to learn the disposition of their issues.

The disposition papers on all 2008 issues are available at the AFAP office in the Army Community Service, Building 2797. For more information about the issues and the results, call Cyndi Rodriguez at 221-2611.



Col. Mary Garr, garrison commander, presents Tania Cuervo, facilitator, certificates for her work group at the AFAP conference held Feb. 4 through 6 at the Sam Houston Club.





## Announcements

### Stock Show and Rodeo

The FMWR Ticket Office has San Antonio Stock Show and Rodeo tickets on sale now. Cost is \$40 per person, for Section 104 seats. For more information, call 226-1663.

### Valentine's Day dance coupons

The Fort Sam Houston Bowling Center is partnering with the Sam Houston Club, offering patrons who bowl one game through Feb. 14 a coupon redeemable for \$1 off admission to the Valentine's Day dance Feb. 14 from 8 p.m. to midnight at the Sam Houston Club. Coupons are limited to one per person per ticket purchased. For more information, call 221-4740.

### Baseball Registration

Child, Youth and School Services

will conduct baseball registration through March 13 from 8:30 a.m. to 4:30 p.m. at ACS, Building 2797, for children ages three to 17 years old. The cost is \$45. Participants must have a current sports physical at time of registration. For more information, call Central Registration at 221-4871 or Sports and Fitness at 221-5513.

### Harlequin Dinner Theatre

The Harlequin Dinner Theatre presents, "The Unexpected Guest," a mystery by Agatha Christie, now through Feb. 21. Tickets are \$31 for Friday and Saturday performances; and \$28 for Wednesday and Thursday performances. Discounts are available for military and students. The theater opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. The box office is open from noon to 5 p.m. weekdays and from 1 to 5 p.m. on Saturdays. The Harlequin Dinner Theatre offers Late Night Cabaret on Saturdays from 10 p.m. to 2 a.m.; Wednesday matinees from 11:30 to 2 p.m.; and Saturday matinees from 12 to 3 p.m. For more information, or to make reservations, call the Harlequin Dinner Theatre at 222-9694.

### Story Time at the Library

Keith A. Campbell Memorial Library will host story time on the

first and third Thursday of every month beginning at 3:30 p.m. Toddlers and Preschoolers can enjoy story time, arts and crafts and sing songs. For more information, call 221-4702.

## Calendar of Events

### TODAY

#### General resume writing class

Army Community Service Family Employment program will host a general resume writing class Feb. 12 from 8 a.m. to 12 p.m. at ACS, Building 2797, in the computer lab. Interviewing skills, techniques, and how to dress for success will also be topics of discussion. This class will be offered twice monthly. For more information or to register, call 221-2705 or 221-0516.

#### Family readiness support assistant forum

The Army Community Service Mobilization and Deployment Program will hold a Family readiness support assistant forum Feb. 12 from 11:30 a.m. to 1 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail

samh.acs.mob.deploy@conus.army.mil.

#### Budget development class

Army Community Service Financial Readiness will hold a budget development class Feb. 12 at 1 p.m. at ACS, Building 2797, in Training Room 1. Class space is limited. For more information or to register, call 221-1612.

### FRIDAY

#### Citizenship services at ACS

The San Antonio field office for U.S. Citizenship and Immigration Services will be available Feb. 13 from noon to 2 p.m. at Army Community Service, Building 2797. For more information, call 221-9698 or 221-1681.

### FEB. 17

#### B.E.A.M.S. classes

Army Community Service Family Advocacy Program will hold Building Effective Anger Management Skills classes Feb. 17 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. This class helps to identify strategies to more effectively handle anger, resentment, and frustration in your personal and professional life. For more information, call 221-0349 or 221-2418.

#### Women Encouraging Women

Army Community Service Family Advocacy Program will hold an Women Encouraging Women lunchtime seminar Feb. 17 from 12 to 1 p.m. at ACS, Building 2797. This class will explore issues regarding relationship boundaries. For more information or to register, call 221-0349 or 221-0600.

#### Consumer awareness class

Army Community Service

Financial Readiness will hold a consumer awareness class Feb. 17 at 2 p.m. at ACS, Building 2797, in Training Room 1. Class space is limited. For more information or to register, call 221-1612.

#### Key Caller training

The Army Community Service Mobilization and Deployment Program will hold a Family Readiness Group Key Caller training Feb. 17 from 6 to 8 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

### FEB. 18

#### PowerPoint level 1

A PowerPoint level 1 class will be held Feb. 18 from 8 a.m. to noon at Army Community Service, Building 2797, Stanley Road. All active-duty, spouses and civilian employees can participate. Registration is required. For more information or to register, call 221-1841 or e-mail jennifer.lobbo@us.army.mil.

#### Care Team training

The Army Community Service Mobilization and Deployment Program will hold a Care Team training Feb. 18 from 9 to 10:30 a.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

#### Single Parenting

Army Community Service Family Advocacy programs will hold a class on Single Parenting Feb. 18 from 11 a.m. to 12:30 p.m. at ACS, Building 2797. This parenting class provides skills uniquely designed for single parents. Topics include, dating, children, separation and more. For more information, call 221-0349 or 221-2418.

#### Mandatory first term financial readiness training

Army Community Service Financial Readiness will hold a mandatory first term financial readiness training Feb. 18 and Feb. 25 at 12:30 p.m. at ACS, Building 2797, in Training Room 1. Class space is limited. For more information or to register, call 221-1612.

See FMWR P15



## Announcements

### Military Appreciation Day at the Rodeo

The San Antonio Stock Show and Rodeo at the AT&T Center and Freeman Coliseum grounds is offering special discounts Feb. 13 and 20 for military I.D. Card holders. Military I.D. card holders can enter the rodeo grounds free. This includes active-duty, reserve and National Guard. Parking is not free. For more information about the rodeo and other events, visit [www.sarodeo.com](http://www.sarodeo.com).

#### Census takers needed

The U.S. Census Bureau is currently hiring census takers for the 2010 census. The positions are temporary, part-time; with flexible hours up to 40 hours per week. For more information or to schedule a basic employment test, call 866-861-2010.

#### Sergeant Audie Murphy Club

The Sergeant Audie Murphy Club will hold a study group to prepare for the board Tuesdays and Thursdays from noon to 1 p.m. in Building 1394, Room 215. For more information, call 221-4028.

### FMWR from P14

### FEB. 19

#### Stress management class

The Family Advocacy Program will hold a stress management class Feb. 19 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. This class will provide valuable tips to help manage stress. For more information, call 221-0349 or 221-2418.

#### Family Readiness support assistant training

The Army Community Service Mobilization and Deployment Program will hold a Family Readiness support assistant training Feb. 19 and 20 from 8 a.m. to 3 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

### FEB. 20

#### PowerPoint level 2

A PowerPoint level 2 class will be held Feb. 20 from 8 a.m. to noon at Army Community Service, Building 2797, Stanley Road. All active-duty, spouses and civilian employees can participate. Registration is required. For more information or to register, call 221-1841 or e-mail jennifer.lobbo@us.army.mil.

#### Mardi Gras Masquerade Bash

The Better Opportunities for Single Soldiers will host a Mardi Gras Masquerade Bash Feb. 20 from 6 to 10 p.m. at Benner Barracks, Building 272. Door prizes will be given away every 30 minutes. A grand prize will be given for the best Masquerade Costume! Join us for food, fun and festivities! For more information, call 221-4242 or 221-2810.

### MARCH 1

#### Heart of Texas Duathlon

The Fort Sam Houston Sports and Fitness Branch will host a Heart of Texas Duathlon March 1 at 8 a.m. This event will consist of a 2-mile run and a 10-mile bike ride, starting at the Jimmy Brought Fitness Center and finishing at the Fort Sam Houston Aquatic Center. Early registration is now through Feb. 18. The cost is \$25 for individuals and \$50 for teams. After Feb. 18 individual registration cost will be \$35. Interested participants may register online at [www.runawayclub.com](http://www.runawayclub.com). For more information, call 221-1180.

Houston area will host a luncheon Feb. 17 at 11 a.m. at Dodd Field Chapel. Macaroni Grill will cater the meal. Club members will perform the classic "Basic Black Dress." Cost of the meal is \$12. Seating is limited. For more information or reservations, call Kelly Pinsky at 233-8401 or e-mail [kelly.pinsky@us.army.mil](mailto:kelly.pinsky@us.army.mil). Reserve by Feb. 13.

### FEB. 19

#### Preservation society meeting

The Society for the Preservation of Historic Fort Sam Houston will hold a meeting Feb. 19 at 11:30 a.m. in the Stillwell House, Building 626, Infantry Post Rd. The guest speaker will be retired Col. Cheryl Dozier. For more information on the Society for the Preservation of Historic Fort Sam Houston, call 822-6034.

### FEB. 21

#### Volunteer to help seniors

The American Society of Military Comptrollers members will host a volunteer project Feb. 21 from 9 a.m. to noon at the Sunshine Plaza Apartments, 455 E. Sunshine Drive, San Antonio. For more information or to volunteer, call Master Sgt. Michael Sonderman at 671-8370.

### FEB. 24

#### Officer Candidate School interviews

Fort Sam Houston structured Officer Candidate School interviews will be

held Feb. 24 at Human Resources and Administration, Building 2263, Room B100, Stanley Road. Deadline for application submissions is Feb. 20. For more information or a sample application, call Sylvia Villarreal at 221-0885.

### FEB. 25

#### Green to Gold Briefings

St. Mary's University ROTC cadre will provide monthly Green to Gold briefings Feb. 25 and March 25 from 11 a.m. and 1 p.m. in the Education Center, Building 2248, 2408 N. New Braunfels Ave. The briefs are for Soldiers interested in applying for the full Green to Gold scholarship option and the new active duty option. For more information, call 221-1634.

### FEB. 27

#### 122nd Hospital Corps Anniversary Social

Commanding General Maj. Gen. Russell Czerw and Command Sgt. Maj. Howard Riles, Army Medical Department Center and School, will host the 122nd Hospital Corps Anniversary Social Feb. 27 at 5 p.m. at the Army Medical Department Museum. The doors open at 4:30 p.m. The guest speaker is U.S. Army Medical Command, Command Sgt. Maj. Althea Dixon. The cost is \$5. For more information, call Staff Sgt. Erin Hicks at 221-8940 or Staff Sgt. Di Virgilio at 221-6241.

## Calendar of Events

### SATURDAY

#### Chocolate Day, Botanical Gardens

The San Antonio Botanical Garden celebrates its annual Chocolate Day Feb. 14 with special chocolate flavored



# For Sale Fort Freebies

**For Sale:** Wood-grain wall unit entertainment center, 6 feet high by 5 feet wide by 17 inches deep, \$150; Authentic Burberry Nova Check small hobo tote with dust jacket, excellent condition, 9 inches wide by 6 inches high by 2.5 inches deep with 8 inch strap, \$175; baby crib, needs refin- ish work, \$25; mauve recliner, frame slightly bent, \$40; three-tier diaper

cake, blue, \$30. Call 852-9927.

**For Sale:** Coffee table, glass top, brass stand, \$25; Dresser, light wood, \$65; five-piece dinning set, wood, \$250; bicycle rack, \$10; tele- vision entertainment stand, \$40. Call Sandy at 241-1291.

**For Sale:** Futon, black, good con- dition, \$60; small chandelier, brass with crystals, \$35; maple table, old,

original hardware, two-side drop leaf, 66 inches by 53 inches, \$150; desk, black and silver, three shelves above, slide tray for keyboard, \$50; recliner, beige, like new, \$125. Call 684-8966.

**For Sale:** 2006 Gulf Stream Ameri-Lite travel trailer, Model MPV21MB, \$9,000; 2003 Suzuki Intruder VSP 1400 motorcycle, excel-

lent condition, \$5,200 obo. Call 838- 8346 or 681-5564.

**For Sale:** Futon, double bed, metal and wood, includes black and red mattress, \$100. Call 599-3438

and leave message.

**Free:** Female cat, 6 years old, needs quiet, loving home, all shots, de-clawed, spayed. Call 222-1320 and leave message.

## Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civil- ian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) or fax to 221-1198. Freebies can only be ran twice. Limit of five items per entry. For more information, call 221-0546.



### Main Post Chapel, Building 2200, 221-2754

#### Catholic Services:

4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays

#### Protestant Services - Sundays:

8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant  
**Jewish Services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

### Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

#### Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays  
12:30 p.m. - Mass - Sundays

#### Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided  
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided  
**Samoan Protestant Service:** 8:30 a.m. - Sundays

### Brooke Army Medical Center Chapel, Building 3600, 916-1105

#### Catholic Services:

8:30 a.m. - Mass - Sundays  
11 a.m. - Mass - Sundays  
**Protestant Services:**  
10 a.m. - Worship Service - Sundays  
**Episcopal/Lutheran Rite services:**  
12:30 p.m. - Traditional worship - Thursdays

### Center for the Intrepid, first floor, 916-1105

**Christ for the Intrepid services:**  
5:30 p.m. - Coffee and fellowship - Sundays  
6 p.m. - Contemporary worship - Sundays

### AMEDD Regimental Chapel, Building 1398, 221-4362

**32nd Medical Brigade Student services**  
**Catholic Mass:** 8 a.m. - Sundays  
**Contemporary Protestant Service:** 9:30 a.m. - Sundays  
**Muslim Jumma:** 1:30 p.m. - Fridays

### Fort Sam Houston Library, Building 1222, 221-4702

**Church of Jesus Christ of Latter Day Saints:**  
8:30 a.m. - Sundays

### Installation Chaplain's Office, Building 2530, 295-2096

**Contemporary Protestant:** 11:01 a.m. - Sundays

**Web site:** [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)



### CWOC meets

The Catholic Women of the Chapel will hold an Enrichment Bible Study Mondays at 9:15 a.m. at Dodd Field Chapel. Child care is provided. For more information, call 442-8957 or 830-914-2326.

### Bible seminar

The Installation Chaplain Office will hold a free Bible seminar entitled, "Walk Thru the Bible" Feb. 20 from 6 to 8:30

p.m. and Feb. 21 from 8:30 to 12:30 a.m. There will be national speakers brought in to facilitate the learning. Pre-register at [www.samhouston.army.mil/chaplain/wttb](http://www.samhouston.army.mil/chaplain/wttb) i, call Robb Wood at 221-3749, or Sister Bedell Springs at 897-6880.

### PWOC meets

The Protestant Women of the Chapel is a Christ-centered group that encourages women to grow spiritually within the body of Christ through prayer, the study of God's word, wor- ship and service. A Bible study is held Wednesdays from 9:30 to 11:30 a.m. and Thursdays at 6:30 p.m. Child care is provided. For more information, call 221-5007.